

Georgia Southern University

Digital Commons@Georgia Southern

Athletics News

Athletics

9-29-2015

Georgia Southern Student-Athletes Participate in Signs of Suicide Week

Georgia Southern University

Follow this and additional works at: <https://digitalcommons.georgiasouthern.edu/athletics-news-online>



Part of the [Higher Education Commons](#)

This article is brought to you for free and open access by the Athletics at Digital Commons@Georgia Southern. It has been accepted for inclusion in Athletics News by an authorized administrator of Digital Commons@Georgia Southern. For more information, please contact digitalcommons@georgiasouthern.edu.

Georgia Southern University Athletics



Georgia Southern Student-Athletes Participate in Signs of Suicide Week

Event part of Eagles in Transition Program

Anne Marie Slaton

General

Posted: 9/29/2015 3:57:00 PM

STATESBORO, Ga. - Each year, 1,100 college students are lost to suicide. The Centers for Disease Control and Prevention defines suicide as, "A serious and lasting public health problem that can affect individuals, families and even communities as a whole." Although understanding suicide is complex, there are ways that it can be prevented.

In order to help prevent these tragic losses among college students, the Georgia Southern University athletic teams are participating in the national Signs of Suicide (SOS) Week.

Throughout the week, the teams are committing to be silent in their daily activities aside from school and work. Each member of the teams is carrying around a card that has the pledge on it. If someone tries to talk to them, they hold up the card to show them what they are representing.

The card states, "1,100 college students are lost each year to suicide. I am representing one of them. Make a pledge to help raise awareness for Mental Health today. Help someone."

"SOS Week is a great opportunity to educate our campus on how they can find help or how they can help others that they fear may be considering suicide," said Peaches NeSmith, organizer of SOS Prevention Week on campus. "This is yet another way for Georgia Southern to add to the toolboxes of all of our students to prepare them for life after graduation."

Through their participation in SOS Prevention Week, the Georgia Southern athletic teams are helping make a difference by spreading awareness. Being aware of suicide is the first step to making a difference in someone's life that may be in need.

Copyright ©2021 Georgia Southern University Athletics